Make a Mad Plan

It's hard to know how to act when you feel really mad. Making a plan can help. Circle three things you can try next time you feel mad.

I can count to ten before I do or say anything else.

I can take three deep breaths.

1, 2, 3, 4, 5, 6, 7, 8, 9, 10

I can use words.

I can talk to someone.

I feel mad about that.

I can walk away.

I can get the mad out by jumping.